

Top Online Resources For School Nurses

School Nurse Toolkit

Handouts, Slides, and Forms for School

http://www.aaaai.org/members/allied_health/tool_kit/

Pediatric Asthma, Promoting Best Practices
American Academy of Allergy, Asthma, and
Immunology

<http://www.aaaai.org/members/resources/initiatives/pediatricasthma.stm>

School Nurse Asthma Project

Arizona Asthma Coalition

P.O. Box 16595

Phoenix, AZ 85011

(480) 991-1885

<http://www.azasthma.org/providers/snap/index.htm>

Full text of 1997 Asthma Guidelines <http://www.nhlbi.nih.gov/guidelines/asthma/asthgdln.htm>

2002 Asthma Guidelines Update

<http://www2.us.elsevierhealth.com/scripts/om.dll/serve?action=searchDB&searchDBfor=iss&id=jai021105b>

Allergy and Asthma Network

Mothers of Asthmatics

2751 Prosperity Avenue

Suite 150

Fairfax, VA 22031

(800) 878-4403

<http://www.aanma.org>

National Association of School Nurses

P.O. Box 1300

Scarborough, ME 04070-1300

(207) 883-2117

<http://www.nasn.org>

American Lung Association

1740 Broadway

New York, NY 10019-4374

(800) LUNG-USA

<http://www.lungusa.org/asthma/index.html>

CDC, National Center for Disease Prevention
Strategies for addressing school asthma
<http://www.cdc.gov/healthyyouth/healthtopics/asthma>

American Academy of Allergy, Asthma,
And Immunology – **pollen counts**, much more
611 East Wells Street
Milwaukee, WI 53202
(800) 822-ASMA
<http://www.aaaai.org>

Impact Asthma Kids CD© & Screening Program
University of Missouri, Department of Child Health
One Hospital Drive, Columbia, MO 65212
(573) 884-8629
<http://impactasthma.missouri.edu>

Association of Asthma Educators
1215 Anthony Avenue
Columbia, SC 29201-1701
888-988-7747
<http://www.asthmaeducators.org>

National Asthma Education and Prevention Program
National Heart, Lung, and Blood Institute – Asthma Index
P.O. Box 30105, Bethesda, MD 20824-0105
(301) 251-1222
<http://www.nhlbi.nih.gov/health/public/lung/index.htm>
<http://www.nhlbi.nih.gov/health/prof/lung/index.htm>

U.S. Environmental Protection Agency
Indoor Air Quality Tools for Schools
401 M Street, S.W.
Washington, DC 20460
(800) 438-4318
<http://www.epa.gov/iaq/schools/>

American Academy of Pediatrics
141 Northwest Point Boulevard
Elk Grove Village, IL 60007
(800) 433-9016
<http://www.aap.org>

Asthma and Allergy Foundation of America
1125 15th Street, NW, Suite 502
Washington, DC 20005
(800) 7-ASTHMA
<http://www.aafa.org>

RELIABLE ASTHMA WEB SITES – for Patients

<http://www.aanma.org>

Mothers of asthmatics, great consumer web site for asthma

i.e. info related to school, home, hospital, government, news, child care

<http://www.lungusa.org/asthma/>

American Lung Association, Asthma – General Information

i.e. Asthma Medications, Asthma in Diverse Communities, You & Your Doctor

http://www.lungusa.org/asthma/asthma_adult_index.html

American Lung Association, Asthma In Adults

i.e. Occupational asthma, Asthma in Older adults

http://www.lungusa.org/asthma/asthma_children_index.html

American Lung Association, Asthma In Children

i.e. Teens and Asthma, Asthma Camps, www.asthmabusters.org (online club)

<http://www.aaaai.org/nab/index.cfm>

American Academy of Allergy, Asthma, & Immunology

i.e. Check pollen and mold counts for your area, Sign up for e-mail notices of high counts

<http://www.aafa.org>

Asthma & Allergy Foundation of America

i.e. Asthma & Allergies, Education, Teens, News

<http://www.nhlbi.nih.gov/health/public/lung/asthma/asthma.htm#control>

National Heart, Lung, and Blood Institute

Facts About Controlling Your Asthma

<http://nhlbisupport.com/asthma/>

National Heart, Lung, and Blood Institute

i.e. Index to NIH resources for asthma, link to 2002 guidelines

<http://www.ginasthma.com/>

Global Initiative for Asthma

i.e. “What You and Your Family Can Do About Asthma” (Eng & Sp.)

Helpful Allergy Websites

An online allergy screening program from the Asthma & Allergy Foundation of America

<http://www.allergyactionplan.com/tool.html>

Food Allergy & Anaphylaxis Website, detailed information related to food allergy,

<http://www.foodallergy.org>

School allergy and asthma, Schering Plough, designed for school nurses with many good links and a discussion board for asking questions, <http://schoolasthmaallergy.com>

General Allergy Information, for patients and professionals, <http://www.aaaai.org>

Dear Allergy Patient or Caregiver,

In this issue:
Colds or Molds?

COLDS OR MOLDS?

All around the World, people experience stuffy, runny noses, coughing, irritated eyes, wheezing and sneezing. Is it a cold or an allergy? At this time of year, in the Southern Hemisphere summer, symptoms may be due to allergic rhinitis caused by pollens; in tropical regions the major allergens responsible for allergic rhinitis are present all year round - a careful diagnosis essential for correct treatment to be prescribed; in the Northern Hemisphere winter, people usually suspect a cold when they start to snuffle and sneeze. Do you think your symptoms might be due to an allergy or to a cold? To see the comparison chart in the Allergies in the Nose section of our website, click here:

http://www.worldallergy.org/public/allergic_diseases_center/rhinitis/index.shtml

If it's an allergy, could it be due to mold?

The rhinitis and asthma symptoms of mold allergy are very similar to the symptoms caused by other respiratory allergens. Mold is virtually everywhere. Indoor molds are a year-round problem, while outdoor molds are more of a problem when vegetation is decaying. Mold spores are inhaled into the nose and lungs, triggering a range of allergic symptoms. It's almost impossible to stop mold spores from entering your home on your shoes and clothing, on plants and vegetation, on pet fur, through doors and windows. Molds thrive especially well in damp, warm, and humid areas like basements, kitchens, bathrooms, papered walls and rotting window frames. Molds are microscopic fungi (more than 1.5 million different species exist) that live and grow year-round. The commonest molds in homes are the *Penicillium*, *Cladosporium*, *Aspergillus*, and *Alternaria* species. Most ordinary mold is invisible, but left unchecked, it can develop into black or brown spots on shower curtains, around bath-tubs and showers, and under cabinets. These are actually tiny spore-producing "colonies" that can release millions of spores throughout your living environment, possibly triggering respiratory problems. Mold spores require disturbance to become airborne, and the amount of mold spores in the atmosphere can vary according to the amount of activity in the room. The good news? It's relatively easy to make your home inhospitable to mold.

Here's how:

TIPS FOR REDUCING MOLD EXPOSURE

From The WHO/WAO Prevention of Allergy and Asthma Report

Indoors:

- ** Use dehumidifiers in the home if relative humidity is constantly high (above 50%) (Editor's note - it is almost impossible to reduce humidity below 50% in hot and very humid environments)
- ** Ensure heating, ventilation or air-conditions systems are properly maintained
- ** Use 5% ammonia solution to remove mould from bathrooms and other contaminated surfaces
- ** Replace carpets with hard flooring; replace wallpaper with paint
- ** Repair indoor water damage immediately

Allergy fact: Molds are essential food for mites, another major source of indoor allergens that cause allergic respiratory symptoms.

WAO E-Editors Professor Richard Lockey, MD, Professor Connie Katelaris, MD and Professor S.G.O. Johansson, MD reviewed and approved the content of the WAO January e-letter

The World Allergy Organization's mission is to build a global alliance of allergy societies to advance excellence in clinical care, research, education and training. Visit us on the Web at www.worldallergy.org

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